

August 8, 2003

For Love of Children PCS  
Iris Lewis, Principal  
1816 12<sup>th</sup> Street, NW  
Washington, DC 20009

Dear Ms. Lewis:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. The assessment was made for the Traditional Meal Pattern with the nutrient standards established for grades 4 through 12.

Key highlight from your review:

- The meal pattern requirements for portion sizes and components are being met both daily and weekly.
- The menu has a nice variety of entrées for the week.

Production records with prepared portion sizes for all menu items were not available. Instead, pre-prepared amounts were given and estimates had to be made regarding actual portion sizes given. This does have an effect on the accuracy of the analysis of your menu. See the Plan of Action below for more information on production records and planned numbers.

Based on the documentation you provided, the analysis for the week of review indicates your menus are slightly elevated in total fat and low in calories. The attached nutrition profile shows you the results of the menu analysis, and a comparison of the nutritional analysis with the USDA nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action reports on the observations of the review and provides recommendations for modifications to enhance your record keeping, to improve the nutrition profile of your menus, and to ensure regulatory compliance. Since you have your meals vended from Friendship Food Authority, you will need to coordinate with them to make any necessary changes.

<b>Plan of Action Meal Pattern and Nutrition Standards Compliance</b>	
<b>Observations/Finding</b>	<b>Recommendations</b>
Production Records accurately completed not available during on-site visit. It is a requirement of the federal regulations (7CFR 210.10 (a)(3)) to maintain complete production records.	<ul style="list-style-type: none"><li>♦ Production records with correct and appropriate portion sizes and planned numbers for each item should be accessible before each meal service. The planned number reflects an estimate of how much of each menu item is expected to be taken – if only 50 students out of 100 are expected to take mayonnaise for a sandwich, then that is the planned number that should be recorded.</li><li>♦ Served numbers and leftover numbers need to be recorded at the end of meal service to ensure accuracy.</li><li>♦ All substitutions from the original menu must be recorded on the production record of the day.</li><li>♦ These records must show how the meals contribute to the required food components, and how the meals contribute to the nutrition standards</li></ul>
Calories were low at a daily average of 590 calories, which is only 86% of the target value of 687 calories.	<ul style="list-style-type: none"><li>♦ Increase portion sizes of fruits and vegetables to increase calories.</li><li>♦ Include more fresh and canned fruits at breakfast.</li><li>♦ Serve jelly with rolls.</li><li>♦ Offer more grains/breads each day at lunch, without adding fat to them. Graham crackers, breadsticks, pretzels, and low fat grain-based desserts will add calories without adding extra fat.</li></ul>

Total Fat (TF) is slightly elevated in the combined breakfast/lunch analysis at 30.44%, which is above 30%. However, lunch alone averages 37.63%.	<ul style="list-style-type: none"><li>♦ Increasing total calories with the recommendations made above will decrease the total fat content of the menu.</li><li>♦ Use low fat or nonfat salad dressings in recipes and for salads. Menu only one item on a given day that requires salad dressing or mayonnaise in the recipe.</li></ul>
Only one type of milk served at lunch. Federal regulations (7CFR 210.10 (m) (1) requires a variety of milk be served.	Serve an assortment of 1% white milk, 1% chocolate milk, or nonfat milk at lunch.

These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell  
State Director

cc: Pamela Wright, Assistant Program Director